

Epping  
Forest

**foodbank**



**CURRIED  
PILCHARD**

SERVES 2



# CURRIED PILCHARD



## Ingredients

- 1 tin of pilchards in tomato sauce
- ½ small tin of potatoes, cut into chunks
- 1 large carrot, peeled and sliced
- ½ cauliflower, cut into small florets
- 4 tsp vegetable oil
- 1 onion, chopped
- 1 tbsp hot curry powder
- 1 tin of chopped tomatoes
- 1 vegetable stock cube, made up with 150ml water
- 1 small tin of marrowfat peas
- 250g rice

# CURRIED PILCHARD



## Recipe

- 1 | Cook the rice according to packet instructions.
- 2 | Whilst it is cooking, half-fill a saucepan with cold water and add the carrots. Bring to the boil and cook for 4 mins.
- 3 | Add the potatoes and cook for a further 4 mins.
- 4 | Now add the cauliflower florets and cook for 2 mins more.
- 5 | Drain and set aside. Heat the oil in a large saucepan.
- 6 | Add the onion and cook over a medium heat for 8 mins until well softened and lightly browned, stirring as it cooks.
- 7 | Add in the curry powder and cook for 30 secs more, still stirring.

# CURRIED PILCHARD

## Recipe cont.

8 | Add the tomatoes and pilchards to the onions and cook for 2–3 minutes, stirring constantly.

9 | Add the stock and simmer.

10 | Add the vegetables and peas and keep the mixture simmering for 5 mins, stirring regularly.

11 | Serve and enjoy



# CURRIED PILCHARD

## Cost

Rice - 12p

Potatoes - 25p

Carrot - 6p

Cauliflower - 50p

Oil - 4p

Onion - 10p

Curry powder - 26p

Tomatoes - 35p

Stock cube - 5p

Peas - 25p

TOTAL - £1.98

